

A woman with long dark hair, Sarah-Jane Crawford, is gently petting the nose of a brown cow. The cow has a yellow tag on its ear. The background is a blurred outdoor setting with straw.

#VeganBoston

*I'm trying vegan for the animals*

— Sarah-Jane Crawford, TV and Radio Presenter

# TRY VEGAN THIS JANUARY

Compassion for animals is the top reason that people try vegan. Join a movement that encourages kindness to all living beings and discover cruelty-free options that can help reduce animal suffering.

We're here to support you with everything you need to make going vegan easy. Take our pledge to receive regular emails with shopping lists, recipes, meal plans, nutritional advice and much more!

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